Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (previously presented): A method for treating and/or improving insulin resistance by reducing insulin resistance, the method comprising administering to a patient having reduced insulin sensitivity a nutritional and/or pharmaceutical product comprising lactulose in an amount from about 0.2 to about 90% by total weight of the product, a protein source in an amount from about 21 to about 40% by weight of the product, a lipid source in an amount from about 5% to about 40% of the total energy of the product, and a carbohydrate source in an amount that is less than 10% by weight of the product.

Claims 2-3 (canceled):

Claim 4 (previously presented): The method according to claim 1, for increasing insulin sensitivity.

Claim 5 (currently amended): A method for treating and/or improving insulin resistance by reducing insulin resistance, ~~which comprises~~ the method comprising administering to a patient in need of same an effective amount of a composition comprising lactulose in an amount of from 0.1 to 1.5g per kg body weight, a protein source in an amount from about 21 to about 40% by weight of the composition, a lipid source in an amount from about 5% to about 40% of the total energy of the composition, and a carbohydrate source in an amount that is less than 10% by weight of the composition~~, wherein the lactulose is administered in an amount of from 0.1 to 1.5g per kg body weight~~.

Claim 6 (canceled):

Claim 7 (previously presented): The method of claim 1, wherein the amount of lactulose in the composition is in the range of from 0.5 to 50 % by weight based on the total weight of the composition.

Claim 8 (previously presented): The method of claim 1, wherein the amount of lactulose in the composition is in the range of from 0.7 to 30 % by weight based on the total weight of the composition.

Claim 9 (previously presented): The method of claim 1, wherein the amount of lactulose in the composition is in the range of from 5 to 25 % by weight based on the total weight of the composition.

Claim 10 (previously presented): The method of claim 1, wherein the amount of lactulose in the composition is about 7 % by weight based on the total weight of the composition.

Claim 11 (previously presented): The method of claim 5, wherein the lactulose is administered in an amount of from 0.3 to 0.8 g per kg body weight.

Claim 12 (previously presented): The method of claim 5, wherein the lactulose is administered in an amount of about 0.5 g per kg body weight.

Claim 13 (previously presented): A method for treating and/or improving insulin resistance by reducing insulin resistance which comprises administering to a patient in need of same an effective amount of a composition comprising lactulose, wherein the composition is administered between 3 and 7 hours before a meal.

Claim 14 (new): A method for treating and/or improving insulin resistance by reducing insulin resistance, the method comprising administering to a patient having reduced insulin sensitivity a nutritional and/or pharmaceutical product comprising lactulose in an amount from about 0.2 to about 90% by total weight of the product, a protein source selected from the group consisting of whey proteins, pea proteins, soy proteins, and combinations thereof and in an amount from about 21 to about 40% by weight of the product, a lipid source selected from the group consisting of soy oil, palm oil, coconut oil, safflower oil, sunflower oil, corn oil, canola oil, lecithin, milk fat, animal fat, and combinations thereof and in an amount from about 5% to about 40% of the total energy of the product, and a carbohydrate source comprising monosaccharides in an amount that is less than 10% by weight of the product.

Claim 15 (new): The method according to claim 14, for increasing insulin sensitivity.

Claim 16 (new): The method of claim 14, wherein the amount of lactulose in the composition is in the range of from 0.5 to 50 % by weight based on the total weight of the composition.

Claim 17 (new): The method of claim 14, wherein the amount of lactulose in the composition is in the range of from 0.7 to 30 % by weight based on the total weight of the composition.

Claim 18 (new): The method of claim 14, wherein the amount of lactulose in the composition is in the range of from 5 to 25 % by weight based on the total weight of the composition.

Claim 19 (new): The method of claim 14, wherein the amount of lactulose in the composition is about 7 % by weight based on the total weight of the composition.

Claim 20 (new): A method for treating and/or improving insulin resistance by reducing insulin resistance, the method comprising administering to a patient in need of same an effective amount of a composition comprising lactulose administered in an amount of from 0.1 to 1.5g per kg body weight, a protein source selected from the group consisting of whey proteins, pea proteins, soy proteins, and combinations thereof and in an amount from about 21 to about 40% by weight of the composition, a lipid source selected from the group consisting of soy oil, palm oil, coconut oil, safflower oil, sunflower oil, corn oil, canola oil, lecithin, milk fat, animal fat, and combinations thereof and in an amount from about 5% to about 40% of the total energy of the composition, and a carbohydrate source comprising monosaccharides in an amount that is less than 10% by weight of the composition.

Claim 21 (new): The method of claim 20, wherein the lactulose is administered in an amount of from 0.3 to 0.8 g per kg body weight.

Claim 22 (new): The method of claim 20, wherein the lactulose is administered in an amount of about 0.5 g per kg body weight.